

Lectio Divina

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- > **Read and re-read**, out loud and slowly the Gospel
 - > **Meditate** on reading as being spoken to you, an experience in your life
 - > **Pray** - Thanksgiving - Repentance - Petition
 - > **Action** - Attitude (Call to change / to act / to do)
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February 1st 2015 4th Sunday of Ordinary Time - Year B - Mark 1: 21 - 28

In this week's gospel we see how Jesus had a deep impact on all present as he spoke with deep faith and wisdom. He taught in the synagogue and left a deep impression on the crowds that the scribes who had studied the scriptures for years could not. Jesus combined his teaching with healing and he drove the evil spirit out of the man. Those present witnessed through his words and actions the power of God working through him.

Who are the people in our lives who have brought us new life because they were a witness to God's love and presence in their own lives?

Prayer:

Thank you Lord for St. Brigid who gave witness to her love of Jesus through her love for the poor. She believed that 'Christ dwelt in every creature.'

Forgive us for the times that we did not use the power of God within us to enable people to see that 'Christ dwells in every creature' as St. Brigid said to her father when he asked her why she gave away the family food to those in need.

Help us Lord to be good listeners to people enabling them to share deeply, things that are holding back their spiritual growth. Let us be amazed at the power of Jesus of Nazareth working within us helping them to be set free from the demons that are tying them up.

